

# Sherman Senior Center Newsletter

Volume 18, Number 1

January-February 2017



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Lynne Gomez Assistant

### Commission on Aging

• Dr. Juan Garcia, MD • Ed Hayes

• Arthur Jellen • Sheila McMahon

• Jean McRoberts • Janet Wey

• Rick Hudson

**Ex Officio:** Clay Cope

The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.



Valerie's Mobile  
Hair Comes to Town

## Events & Programs



**International Potluck:** Monday, January 30 at 12:00. Come one, come all! Bring a favorite dish from your family recipes or something you found on your travels. Last year we had over 20 countries represented. Snowdate: 1/31

**Challenges of New Beginnings:** Monday, February 6 at 11:00. We have challenges every day and even more when things change; moving to a new community, making new social connections and finding the life you are looking for. NMVNA Catherine Vlasto, LCSW.

**Small Farming in Sherman:** Thursday, February 16 at 12:00. Discuss and share wisdom related to small farming in Sherman. Refreshments served.

**Photography Class:** Wednesday, February 22 at 11:00 with Art Von Plachecki. How to improve your photography and have fun in your own backyard. Free.

**Lumos:** Last Thursday of the month at 1:30. "Susie and Al" will entertain and warm us with their unique and sweet music.

## Health and Wellness

**Emotional Ties to Clutter:** Friday, January 20 at 11:00. Why do we have a hard time letting go of our stuff? We will discuss the emotional underpinnings of holding on to our stuff, share strategies and ways to work through our feelings, and relationship to them and discover the freedom that awaits when you travel through life a little lighter. NMVNA Catherine Vlasto, LCSW.














**Senior Fitness Class:** Friday, January 27 & Feb. 17 at 11:00. Jocelyn Leigh has been working in the fitness industry for the past 26 years, and a yoga instructor for the past 5 years. This strength and conditioning class features a total body stretch. Cost \$5.

**Medication Safety:** Thursday, February 2 at 11:45. UCONN Poison Control Center pilot presentation with facilitated discussions and take-home bags with medicine tracker, magnifying card, poison control magnets, etc. RSVP!

**Natural Remedies for Arthritis and Chronic Pain:** Wednesday, February 8 at 11:00. Come explore the basics of natural healing with Dr. Chris from Sophia Natural Health Center. Topics include traditional Chinese medicine, adrenal fatigue, diet and much more.

# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	 9:00 Walking <b>11:30 Blood Pressure</b> <b>12:30 Birthday Party</b> <i>Pinochle after</i>	<b>3</b>  Shopping Trip <b>11:00 Adult Coloring &amp; Coffee</b> <i>12:00 Pinochle</i>	<b>4</b> 9:00 Walking <b>11:00 Trip: Sherman Library and Town Center</b> <i>12:00 Pinochle</i>	<b>5</b> <b>10:30 Senior Dine at American Pie</b> <b>12:00 Be Creative: Art with Anna</b>	<b>6</b>  9:00 Walking <b>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</b> <b>10:00-12:00 Valerie's Mobile Hair</b>	<b>7</b>
<b>8</b>	<b>9</b> 9:00 Walking <b>11:30 Blood Pressure</b> <b>12:30 Birthday Party</b> <i>Pinochle after</i>	<b>10</b>  10:00 Exercise Club Shopping Trip <b>11:00 Talk: NMVA Home Care</b>	<b>11</b> 9:00 Walking <b>Trip: Royal Buffet</b> <i>12:00 Pinochle</i>	<b>12</b> <b>10:30 Senior Dine at American Pie</b> <b>TED Talks: How trees talk to each other and the beautiful nano details of our world</b>	<b>13</b> 9:00 Walking <b>12:00-2:00 Housatonic Probate Judge Martin Landgrebe</b> <i>Call for appointment drop-ins welcome!</i>	<b>14</b>
<b>15</b>	<b>16</b>  9:00 Walking <b>10:30 Craft Class</b> <i>12:00 Pinochle</i>	<b>17</b>  10:00 Exercise Club Shopping Trip <b>11:00 NVNA Home Care</b>	<b>18</b> 9:00 Walking <b>11:00 Trip: Library and Town Center</b> <i>12:00 Pinochle</i>	<b>19</b> <b>10:30 Senior Dine at American Pie</b> <b>12:00 Price is Right Game Show</b>	<b>20</b> 9:00 Walking <b>11:00 DeCluttering Workshop</b>	<b>21</b>
<b>22</b>	<b>23</b> 9:00 Walking <b>10:30 Craft Class</b> <i>12:00 Pinochle</i>	<b>24</b>  10:00: Exercise Club Shopping Trip <b>11:00 Computer Security with Rick Hudson</b>	<b>25</b> 9:00 Walking <i>12:00 Pinochle</i>	<b>26</b> <b>10:30 Senior Dine at American Pie</b> <b>11:45 BINGO</b> <b>1:30 Music with Lumos: "Susie and Al"</b>	<b>27</b> 9:00 Walking <b>11:00 Senior Fitness Class - \$5</b>	<b>28</b>
<b>29</b>	<b>30</b> 9:00 Walking <b>12:00 International Potluck Luncheon (Snowday 1/31)</b> <i>12:00 Pinochle</i>	<b>31</b>  10:00 Exercise Club Shopping Trip (Snowday for International Potluck)	<b>Happy Birthday!</b>  Janet Campbell Edgar Koester Gertrud Berger Tilly Jellen Grace Hotchkiss Evelyn O'Brien			 

# February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b>  <b>Happy Birthday!</b> Betty Troit Mike Crawford Nancy Giddings Rosemary O'Connell Mary Ann Philipakos Gary Albert	<b>6</b> 9:00 Walking <b>11:00</b> New Program: Challenges of New Beginnings 12:00 <i>Pinochle</i>	<b>7</b> 10:00 Exercise Club Shopping Trip 	<b>8</b> 9:00 Walking 11:00 Talk: Natural Solutions for Arthritis and Chronic Pain 12:00 <i>Pinochle</i>	<b>9</b> 10:30 Senior Dine at American Pie 11:45 UCONN Poison Control Center pilot a new presentation for medication safety 12:00 Art with Anna	<b>10</b> 9:00 Walking 12:00- 2:00 Housatonic Probate Court Judge Martin Landgrebe. Call for appointment drop-ins welcome!	<b>11</b> 9:00 Walking
<b>12</b>	<b>13</b> 9:00 Walking <b>11:30</b> Blood Pressure Birthday Party 12:00 <i>Pinochle</i>	<b>14</b> 10:00 Exercise Club Shopping Trip 	<b>15</b> 9:00 Walking Trip: Sherman Library and town center 12:00 <i>Pinochle</i>	<b>16</b> 10:30 Senior Dine at American Pie 12:00 Discussion Club "Small farming in Sherman"	<b>17</b> 9:00 Walking 11:00 Senior Fitness Cost: \$5.00 10:00- 12:00 Valerie's Mobile Hair	<b>18</b>
<b>19</b>	<b>20</b> Presidents' Day Office Closed 	<b>21</b> 10:00 Exercise Club Shopping Trip Book Club "At Home in Mittford" 11:00 	<b>22</b> 9:00 Walking 11:00 How to Improve your Photography and have fun in your own backyard 12:00 <i>Pinochle</i>	<b>23</b> 10:30 Senior Dine at American Pie 11:45 BINGO 1:30 Music with Lumos: "Susie and AI"	<b>24</b>  Trip: Connecticut Flower Show \$14 cash at door	<b>25</b>
<b>26</b>	<b>27</b> 9:00 Walking 12:00 <i>Pinochle</i>	<b>28</b> 10:00 Exercise Club Shopping Trip 				

# WINTER MEMORIES

I remember when...

Skating to school on ice-covered streets

~ *Loes Ostergren*

Making an ice rink for the kids

~ *Doreen Branch*

Using a sled to sled down the hill

~ *Melinda Albert*

~ *Allan Ostergren*

Ice skating at Rockefeller Center and the Christmas tree, Radio City Music Hall

~ *George Auer*

Skiing with my husband in Kensico cemetery

~ *Carol Mehne*

Skating on the pond and my dog was pulling me

~ *Lorraine Palmenta*

Getting together at the Senior Center, taking short trips, watching movies

~ *Gertrud Berger*

Standing next to the woodstove

~ *Mike and Jackie Crawford*

Train shows at 51st at Lex. and Grand Central

~ *George Auer*

Snowshoeing, skiing on trails behind Holy Trinity church

~ *Janet Campbell*

Having a snow fight in shorts

~ *Melinda Albert*

Window decorations at all Stores on Fifth Ave., Central Park horse rides

~ *George Auer*